












Historic, Archive Document

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FOOD CHART

Child Care Food Program

		AGE 1 and 2	AGE 3 through 5	AGE 6 through 12
BREAKFAST	 Fluid Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
	 Juice or Fruit or Vegetable	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
	 Bread or Bread Alternate	$\frac{1}{2}$ slice*	$\frac{1}{2}$ slice*	1 slice*
SNACK	 Fluid Milk	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
	 Juice or Fruit or Vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
	 Meat or Meat Alternate	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
	 Bread or Bread Alternate	$\frac{1}{2}$ slice*	$\frac{1}{2}$ slice*	1 slice*
LUNCH/ SUPPER	 Fluid Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
	 Meat or Poultry or Fish or	1 ounce	$1\frac{1}{2}$ ounces	2 ounces
	Cheese or	1 ounce	$1\frac{1}{2}$ ounces	2 ounces
	Egg or	1	1	1
	Cooked Dry Beans and Peas or	$\frac{1}{4}$ cup	$\frac{3}{8}$ cup	$\frac{1}{2}$ cup
	Peanut Butter	2 Tablespoons	3 Tablespoons	4 Tablespoons
	 Vegetables and/or Fruits (2 or more)	$\frac{1}{4}$ cup total	$\frac{1}{2}$ cup total	$\frac{3}{4}$ cup total
	 Bread or Bread Alternate	$\frac{1}{2}$ slice*	$\frac{1}{2}$ slice*	1 slice*



Points to Remember

- Quantities must be correct
- Count meat's served to children and to program adults
- Every child must be served the required amount of each food group at all meals
- Use full-strength juice

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